



R.T. Alderman School

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Dear Parent/Guardian,

September 8, 2023

This letter is to inform you that your child would like to participate in the Cross Country season! These races kick off the athletics season and they are a wonderful step in building goals and relationships within the RTA and CBE community.

Events- Wednesday September 13, Stanley Park.

Tuesday September 19, North Glenmore

Monday September 25, North Glenmore

Tuesday October 3, North Glenmore (make up date if needed)

2 Start times per grade. Any student not identifying can choose either category:

Grade (6's)- F5:00/M5:10 (7's)- F5:20/M5:30 (8's)- F5:40/M5:50 (9's)- F6:00/M6:10

The only time to walk the course is from 4:00-4:45. The course will then close to prepare for the 5:00 start. There will be 13 other schools participating and traffic and parking congestion is always a concern. My recommendation for grade 6 and 7 parents is to make your way to the races immediately after school. Parking will be difficult, especially at Stanley Park. Also, ticketing has happened in the past for illegal parking.

You are asked to complete the attached Consent and Acknowledgement of Risk form if you give consent to your child to participate on the team. **This form must be read through, filled out and returned prior to competition.**

While some degree of risk is always associated in all athletic events, I have outlined specific areas of concern on the Consent and Acknowledgement of Risk form. To prepare your child for these risks we ask that you ensure they have **proper running attire suitable to the conditions. Jerseys are provided, but outer shells may be necessary.** Students must bring **water and a snack** for after school on race days.

Day of the races:

- 1) Students must meet coaches at lunch hour on the day of every race, to confirm if they will be attending for that day
- 2) Students must indicate how they are being transported to and from the events
- 3) Students must sign in with RTA coaches upon arrival and must sign out at the conclusion of their race

Spectators:

Families are welcome. Parking can be a snarl at the Stanley Park race (Wednesday September 13) so prompt departure from RT is recommended.

Fees:

The cost of this opportunity is \$11.50, which will cover jersey rental and team costs. This fee will be added to your *MyCBE* account.

Sincerely,

Mike McGhan mjmcghan@cbe.ab.ca (teacher in charge)

Kristine Gray, Rebecca George, Nazneen Doyle, and Ali Strothers

